3: Rasmussen--48 [3] (c. 1923) 1932 Copper Eskimo
116, 843

"When a young woman, pregnant for the first time, notices life in the child, one of her kamiks must be pulled off and she must walk about a whole day with one foot in her stocking only. This gives easy delivery.

A young woman carrying a child in her amaut always has a belt round her waist to keep the amaut tight into her body. On this belt she must hang various objects, for instance the head of a great northern diver or other bird, the beak or head-skin of a crane, bones of various birds. These things she must keep for her son to come."